

# Stretch of the Month

## Quadriceps Stretch



To stretch your quadriceps:

- Stand on one leg, using something for balance if needed.
- Lift other foot up behind you, grabbing the foot and gently pulling for a gentle stretch.
- Keep spine in a neutral position.

Repeat for other side.

Before stretching, warm up with **5 to 10 minutes of light exercise**. Another option is to save stretching for after a workout. If you feel pain while stretching, you are stretching too far. **It should not be painful**. Hold each stretch for **about 30 seconds** at a time and repeat, especially if the stretch seems to be helping with pain or discomfort.

